

Rules and expectations include but are not limited to:

MECHANICVILLE CSD ATHLETIC DEPARTMENT WEIGHT ROOM USE CONSENT/PERMISSION

The Inherent Risk Consent Form should be read and signed for students participating in weight lifting/conditioning on the Mechanicville City School District campus, certifying that they have read the document, understand it's content, and agree to it's terms before using the weight/fitness room and kept by Athletic Director.

This school strives to protect each student from possible injury while engaging in school activities. The rules and information provided below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of a training program. Each participant is expected to follow the directions/standards of the coach or supervisor and must understand that failure to follow such directions or adhere to standards may place the participant at risk.

Supervisors should ensure that all weight and fitness room rules are followed. The District has the right to revoke permission for this activity at any time, especially for violation of safety rules and school rules. Students or supervisors have no permission or authority to allow any other individual or groups the use of the equipment. Only students.

By signir Signatur	ng below, I certify that I have read e of Participant e of Parent	the above, understand it's content, and agree Printed Name Printed Name	Date Date
3y signir			4000
3y signir		the above, understand it's content, and agree	e to it's terms.
	AW use of facility (t	before scribbli flours) Pin use of fac	cility (after school hours)
TILOUN O		<u> </u>	allika (afkan ankan k
	II that apply for the authorized t		
capacities	s, it's employees and supervisors for a	lease the Mechanicville City School District, it's Bo all claims (of any nature) relating to my use of the S nd damage to or loss of personal items.	ard, in both their corporate and individual School's fitness/weight room, including but not
I have read the above warning and understand it's terms. I understand that weight training is a HIGH-RISK ACTIVITY involving many RISKS OF INJURY, including but not limited to those risks outlined above.			
proper te	I understand the above information ar chniques while participating in the wei the coach/supervisor's instructions.	nd agree to abide by the list of rules and procedure eight training program. Because of the dangers of t	es. I also understand the necessity of using the weight training, I recognize the importance of
		you are ill or have any prolonged symptoms of	
		cidents, injuries, hazards, and equipment failu	
		the weight room (water is Ok)	
		e with instructions given by your supervisor	
		quipment to their correct weight racks and/or v	veight trees
	□ NEVER lift weights without □ NEVER lift weights wit	out supervisor present in the room	
		times when using free weights	
	☐ Do NOT slam the weights		
		have been instructed or allowed to operate	
		all times (NO sandals or open toed shoes)	
	, .		
	☐ Wear proper lifting clothe	be focused and serious. No horseplay at any	